

KY TEACH PROJECT

KY Commission for Children with Special Health Care Needs
982 Eastern Parkway
Louisville, KY 40217

Lee Gordon
Phone: 502-595-4459 x268
1-800-232-1160 x268

Healthy Scramble

Submitted by Health Resource Publishing Co.

S E L N L D L P L G W T Y T R
E N B O A E R P E H R P O I I
B H I L W O A Q A K C S G U C
X R A A T F G N N F Y D U R E
E S O E R R A B B S H I R F W
L C I C A G E T E D T M T C Q
Y N N P C I E L E Q L A Y S Z
F R E A R O B L F P A R U W N
E S I O L A L Z O D E Y W D V
O T L A T A X I I H H P G H R
Y A D E D Y B E C B W D C N J
C L G Q N U T R I T I O N G M
M E N O I T R O P O L O Y Z P
V C H I C K E N Y Z N F I S H
C K C B E R E T A W G P X C O

HEALTHY SCRAMBLE

BALANCE, BROCCOLI
CALORIE, CHICKEN
DAIRY, DIET, FISH,
FOOD, PYRAMID,
FRUIT, GRAPES,

HEALTHY, LEAN BEEF
LOWFAT, NUTRITION
PORTION, PROTEIN
RICE, SALAD,
VEGETABLES, WATER
- WHOLE GRAINS,
YOGURT



EMAIL US!

kytransition@aol.com

*Do you need help finding resources or services in
your area? Here's a website that can help:*

www.kycares.net

Pizza Quesadilla

Good to eat

1 (8—inch) flour tortilla
2 tablespoons pizza
sauce
1/3 cup shredded
mozzarella cheese
6 slices turkey pep-
peroni.

Preheat toaster
oven to 400 degree
Fahrenheit. Line
toaster oven tray
with a aluminum foil;
set aside.
Spread half of tortilla with pizza sauce.
Sprinkle half of cheese over sauce. Ar-
range pepperoni slices on top. Sprinkle
with remaining cheese. Fold tortilla in
half enclosing filling; place on foil—lined
toaster oven tray.
* Bake 6 to 8 minutes on until cheese
melted and tortilla is golden brown.

Number of servings: 1
Calories: 306
Grams fat: B
Milligrams cholesterol: 44
Milligrams sodium: 722
Grams carbon hydrates: 30
Grams protein: 15

Submitted by: Joia Sanders

If you would like to submit an article, a pic-
ture, a joke or riddle, or recipe for the next
newsletter send it to: KY TEACH PROJECT,
CCSHCN 982 Eastern Parkway, Louisville KY 40217



KY TEACH PROJECT

“ The Secret To Success”

Thuy Ly
Guest Youth Editor

Coping with a Disability

In this day and age it is
hard for anyone to cope with
growing up and feeling the pres-
sures of everyday life. But, if
you also have to grow up with a
disability, it makes things even
harder.

I am a nineteen-year-
old girl who has been a patient
of the Commission for
eighteen years. I have
Treacher-Collins Syn-
drome. Because of this
condition I have multi-
ple facial abnormalities
and the absence of ears
which caused my hear-
ing impairment. I use a
hearing aid that helps
me to hear. I have had 19 surgi-
cal procedures and I'm sched-
uled for three more.

Because my disability is
so obvious for everyone to see,
it used to be hard for me when I

saw people staring at me. Part of
growing up is learning how to
cope. I have learned how to cope
with my disability. Accepting
myself helped me get to the
point. It is hard for everyone to
accept you if you cannot even ac-
cept yourself. A good friend
once told me “no one can love you

until you can first
love yourself.”
This statement is
very true.

Even
though I continue
to have to deal
with my medical
problems, I do not
have to worry as
much about my emotional well-
being. It makes life simpler not
to deal with both.

Submitted by: Kristina Harrison



CCSHCN
Fall 2002

Kentucky
Commission for CSHCN
Regional Offices and
Phone Numbers:

Ashland
800-650-1329

Barbourville
800-348-4279

Bowling Green
800-843-5877

Edgewood
888-542-4453

Elizabethtown
800-995-6982

Hazard
800-378-3357

Hopkinsville
800-727-9903

Lexington
800-817-3874

Louisville
800-232-1160

Morehead
800-928-3049

Owensboro
877-687-7038

Paducah
800-443-3651

Prestonsburg
800-594-7058

Somerset
800-525-4279

Transitions and Motivating yourself

College is a time for knowledge, a time for independence, and a time for that beautiful word freedom! It means freedom from all the hassle of high school teachers and their unruly assignments.

Freedom from parents, and their obvious habit of breathing down your neck when you stay out till 10:05

instead of your curfew, 10:00.

For all students college should be enjoyable and an exciting adjustment. But sometimes college can be hectic even before you enter the doors. I started college in August 2000, just four months after graduating high school. So I was still fairly new at this higher education stuff. First thing I had to deal with was picking the right college. Then there was the cost and class size issue.

Most young people of course automatically shoot straight for a college that's in a totally different time zone as their parents. That's exactly what I wanted to look for. But a few things stood in my way of being parent-free. First of all I should probably mention the fact that I have a handicap.

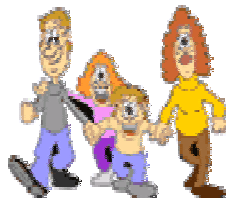


I was born with scoliosis, a curvature of the spine. This had hindered me in the height department, bringing me to a staggering 4 feet 3 inches. This has also hindered my mobility, I can't turn my head from side to side and I don't have a good range of motion with my arms. My height has brought me a lot of attention over the years, both good and bad. I have various other health problems, but it would take too long to go over it all. And by then you'd all be reading something else.

As you can probably tell, I've always had a lighthearted approach to my health, including my height. I always tell friends and people I meet for the first time that "I may be small in height, but I make up for it in personality." Seeing how I have this approach, I took the same approach towards college.

Since I have the range of motion problems with my arms, meaning I can't lift them very high. My mom has to help me wash and comb my hair.

This was a huge stumbling block from achieving freedom. So I finally decided in August to attend Somerset Community College. Yes, it meant no dorm life and living with my mom and dad and bratty 16-year-old-brother, but it's something I had to do. Picking a college, when you have a disability is a bit different.



Transitions and Motivating yourself Cont.

You have more to think about than the quote unquote "normal" kids do. You have to start using words like *handicap accessibility*. But most colleges have ways to help you get through. Some of the bigger colleges have wheelchair accessibility or note-takers for the hearing impaired, just to scrape the surface. Then again disabled kids have the normal things to worry about too. Things like cost, class sizes, etc. I've found that the class sizes should be smaller. And that's for any person attending college. The smaller the class, the more attention you receive from the teacher.



Somerset Community College, where I'm attending has fairly small classes. When I first started it seemed huge to me though. The usual "new kids" jitters. It wasn't any unusual worries. All through high school everyone had been nice to me. I had a lot of friends. Sure there were the occasional person with a question about my physical appearance, and I'm sure a lot of you get the same looks and questions.

The thing I remembered then was that most of them were just curious.

Maybe they've never been around disabled person before. And then there were the ones who just wanted to be mean. I always took it with a light heart and answered their questions, explaining that God made me the way I am.

So I was already used to the fact of people's curiosity and just plain rudeness. I figured that's something you just have face in college as well. I've just finished my fall semester of 2002 and I've yet to find someone who had been mean and hasn't accepted me for who I am. I didn't start college using a label for myself. I just went in as Elizabeth, not Elizabeth with a disability. For some it's not so easy to go in with that attitude; but it's best to try. Whether you're like me and have to stay at a community college for a while or your able to go on to a university.

The thing about college is no matter where you go, how much it costs, class sizes, whether you're on the dean's list or not, or whether you have a disability or not, we are all just trying to make it through college. Ultimately if you have a pleasant time or not is up to you.

By: Elizabeth Daniel